

# GROUP EXERCISE TIMETABLE

### Aquacise:

A whole-body conditioning workout to improve overall strength, particularly the core muscles. Aquacise is a water-based class that is suitable for all levels. Due to the in-water nature of the class, this class reduces bodyweight and allows participants to complete exercise with low weight bearing activities.

### Aquanauts:

Aquanauts is for adults interested in maintaining fitness, preparing for events and developing technique in structured sessions that focus on endurance, technique and strength building run by professional coaches to ensure individual goals are catered to.

### BodyAttack:

Les Mills BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

### BodyBalance:

A choreographed class that uses a mixture of Tai Chi, Yoga and Pilates to focus on flexibility, strength and balance. Les Mills BODY BALANCE™ is completed to backing tracks.

### BodyPump:

A Les Mills class designed to burn calories and build muscles. BODYPUMP™ is completed to upbeat backing tracks and involves the use of Barbells, weights and steps to help you achieve your goals.

### BodyStep:

Les Mills BodyStep™ is a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises.

### Tai Chi:

Tai Chi provides participants with instruction in a series of sequential movements designed to enhance balance, strength, and flexibility while relieving stress and muscle tension.

### Core:

Les Mills CORE™ is a scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. Each workout features a mix of proven core exercises and new integrated core training innovations.

### Deep Water Running:

DWR simulates land-based movements in deep water while free-floating or using buoyancy tools. This type of exercise removes stress put on the joints during load-bearing exercises. Hydro belts are often one of the tools worn in this class to suspend participants in the water while they complete a range of drills.

### Feeling Fit:

A welcoming and friendly 45-minute class for intermediate to fit people (50yrs+). Activities involve using bands, balls, steps and weights that will improve balance, core strength and flexibility.

### Mindful Movement:

Mindful movement is accessible, inclusive & gentle movement implementing areas of mat Pilates, stretch & strength. Find yourself leaving with a sense of calm whilst feeling motivated for more. This class is for everyone.

### Gentle Aquacise:

Excellent for people with joint issues. Especially those with arthritis or who have had hip, knee, etc replacements! The warm water soothes joint pain and improves muscle flexibility and balance. This class also provides movements for those easing into fitness.

### Knox HIIT:

Philosophy; The session is coached and not instructed, as a coach we are there to focus on technique and intensity making sure that each participant is working at their highest level of intensity. You will do a variety of weighted and body weighted exercised and aimed for you challenge yourself.

### Mat Pilates:

Pilates is a mat-based class that focuses on improving balance, flexibility, coordination and core strength.

### Reformer Pilates:

Reformer Pilates combines the traditional principals and movements of mat Pilates with a Reformer machine. This machine contains a foot bar, carriage, pulleys, and five springs of varying tension that can be adjusted to suit your fitness level or needs.

### RPM:

A cycle workout that will build endurance and provide great cardiovascular training. Our classes are led by our expert fitness instructors to provide a fun and engaging group environment to exercise in.

### Sprint:

Les Mills SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike. It's a short, intense style of training where the motivation comes from pushing your limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

### THT:

Our Tummy, Hips & Thigh's (THT) class is a challenging lower body conditioning class that focuses on working out the body from the waist down, along with abdominal exercises. This class will tone and strengthen the glutes, hips and thighs through an energising workout.

### Yoga Hatha:

Hatha Yoga focuses on improving mobility, breathing, balance and building up strength by incorporating postures that allow you to stretch and fully use your own body weight to build up stamina in the muscles through extended holds.

### Yoga Vinyasa:

Vinyasa is an energizing, dynamic class that links breath with movement, while incorporating a continuous flow of postures. Your teacher will guide you through a series of yoga postures to create a flow, then each student moves through the sequence at their own pace.

### Zumba:

Zumba™ combines fast and slow rhythms to tone and sculpt the body. The class is based on principles of aerobics and fitness, including cardio and muscle-toning benefits.

### Zumba Gold:

Zumba Gold™ uses hypnotic Latin rhythms and easy to follow moves in an exciting and upbeat environment. This class improves cardio fitness and burns a lot of calories! Zumba is a music-focused dance class that focuses on fun first!

